

Autumn 2023

PeOPLE

The magazine for friends and supporters of
Presbyterian Support Otago



Presbyterian Support
Otago

OUR SERVICES



together we make
a difference

Free

PLEASE READ
AND SHARE





Message from Jo

Kia ora koutou,

I hope you all had a wonderful break and feel refreshed for the year ahead.

In this issue of People we celebrate some wonderful stories by our clients and residents, highlighting the fabulous activities that occurred over the holiday period. We also hear from PSO staff about the success stories they have seen when we are able to reach into our community and support those who really need it.

Our work relies heavily on the kindness of our community and local businesses through grants and donations, as well as the amazing people who drop by with food for the PSO foodbank. Through the cost-of-living crisis and the inflation issues we are facing as a nation, we have seen a notable drop in food items, and financial donations. We are all working hard to ensure our core services aren't affected, but there have been some changes to try and mitigate the challenges we are facing.

After making the difficult decision to close the Lindsay Unit at Ross Home, and the garden centre at Youthgrow, we know many of our supporters have been worried about PSO. I want to assure you that we have a strong team who continue to have heart and purpose in our mission, and a Board who donate their time to support and strengthen the future strategy for the organisation. We plan to be stronger, fitter and more agile in the years to come and are working hard

to put the foundations in place to help us be a more sustainable, responsive organisation for the future.

We have had some great achievements in the past year which will help us on our mission and should be celebrated. After extensive advocacy campaigns by many across the sector, we received a breakthrough announcement at the end of last year. Registered Nurses and Social Workers will receive pay parity with their counterparts in government agencies such as Te Whatu Ora and Oranga Tamariki. This is a big breakthrough! PSO relies upon Registered Nurses and Social Workers to ensure we can provide the care needed by our clients in Family Works and our residents in Enliven aged care services, and this announcement will help us recruit and retain staff into these essential positions.

To end, I want to say a big THANK YOU to all the friends of PSO who continue to believe in our mission, and to those who are able to contribute, whether that be food, funds or volunteering their time. We could not do what we do without you.

Ko te hoa tino pono rawa, ko tērā e toro atu ai tōna ringa ki tōu, engari ka titi kaha ki tōu manawa te kōhengihengi. A true friend is someone who reaches for your hand but touches your heart.

Blessings to you all.

Jo O'Neill
CEO



6 Tips from our Financial Mentors

Financially it can be really challenging at the moment, so here are 6 tips to help you stay in control of your finances

1. Stick to the essentials – do you really need the item or is this more of a want?
2. Do a budget (and keep it real, it's only for you) and regularly review it.
3. Plan ahead for expenses e.g. school needs, birthdays, a car warrant and even next Christmas!
4. Think carefully before taking on new debt – including Afterpay (late payments are expensive), so do explore ALL your options.
5. Don't get caught up in online or special deals – is this really saving you money?
6. There is no quick fix for debt – so make a plan to get in control of your financial situation.

If you need help with your finances, you are not alone! Contact us to see one of our Financial Mentors on freephone 0508 396 678.



photo: iStock

Amy's success

Family Works helping local people through financial mentoring, advocacy and the foodbank

Cheryl, one of our highly experienced financial mentors, has helped hundreds of people concerned with their finances, budgets, debt and spending.

While their stories are always personal and often sad or uncomfortable to share, they all have a common thread, and that is people who are ready to take control of their situation to work towards achieving a better financial space.

Cheryl helps her clients by listening to the issues they are facing, and then talking through the options available to them. Although these clients often arrive in desperation, they leave able to make informed choices about their future, understanding how to take control of their finances.

Amy* (not her real name) was one such client. Amy has a young child and had been involved in a relationship which was financially harmful. Amy needed urgent help to get herself back on track but felt she had no one to turn to.

Amy found her way to PSO, and Cheryl was able to refer her to the foodbank for temporary support. Cheryl was then able to talk Amy through all her options to get her financial future back on track. "This was life changing for her!" Cheryl explained. "We help the client to do it themselves, which gives *them* the tools to make the best-informed decisions".

After working together for almost a year, Amy was thrilled to finally be in a better financial position and to have the burden of financial stress removed going forward.

Amy expressed her gratitude, "I appreciate everything you have supported and helped me achieve this year. I am starting 2023 with no financial stress. If it wasn't for you I would have not achieved this. Honestly, you're amazing at what you do, and I thank you from the bottom of my heart."

Amy* – Financial Mentoring client

* Name and image changed for privacy reasons





Residents Stewart McDonald, Joe Craighead, Dint Halliday, Wayne Goodall, Ted Dreckow and volunteer Matt Green from Ussher Green Building with the reindeer from the archway they built at Christmas.



Castlewood residents and volunteers enjoy a wide range of activities!

Activities coordinator, Virginia, had a plan to create something that the whole community could see and enjoy, and that could be used year after year – a festive Christmas archway!

In the lead up to Christmas, a group of Castlewood residents (Stewart, Joe, Dint, Wayne and Ted), decided to take on this challenge with help from a local builder, Matt Green from Ussher Green Building.

“It was fantastic to see the residents interacting with the young apprentices, with many laughs and enjoyable stories told. It was great to see how proud they were of the project. Whenever loved ones visited them and commented on it, they could proudly say they helped make it.” said Virginia.

First, the merry band of resident builders made two large 3D reindeer and a sleigh, which they outlined in fairy lights so they could also be enjoyed by night. The residents were then involved with plenty of sanding, nailing, and painting. With lots of hard work combined with the generosity from the local builders, the archway project soon came together.

Castlewood joined the Enliven community in June 2022 and is managed by Leigh McLeod, our Ranui Care Home Manager. Located in sunny Alexandra, Castlewood enjoys a central location and provides a friendly, active and supportive environment where families are an important part of the home’s community. Castlewood offers rest home level care for up to twenty residents.

Virginia, the Activities Coordinator at Castlewood, says “We are incredibly lucky that we have a fantastic group of volunteers involved with us, which means the residents can partake in a wide variety of activities. The residents can enjoy ‘housie’ and happy hour (which are always favourites), sewing and craft projects, baking, van outings, walking groups and even ‘sit and be fit’ classes.





Resident Hazel with volunteer Kay who helps with van outings and house.

High tea garden party

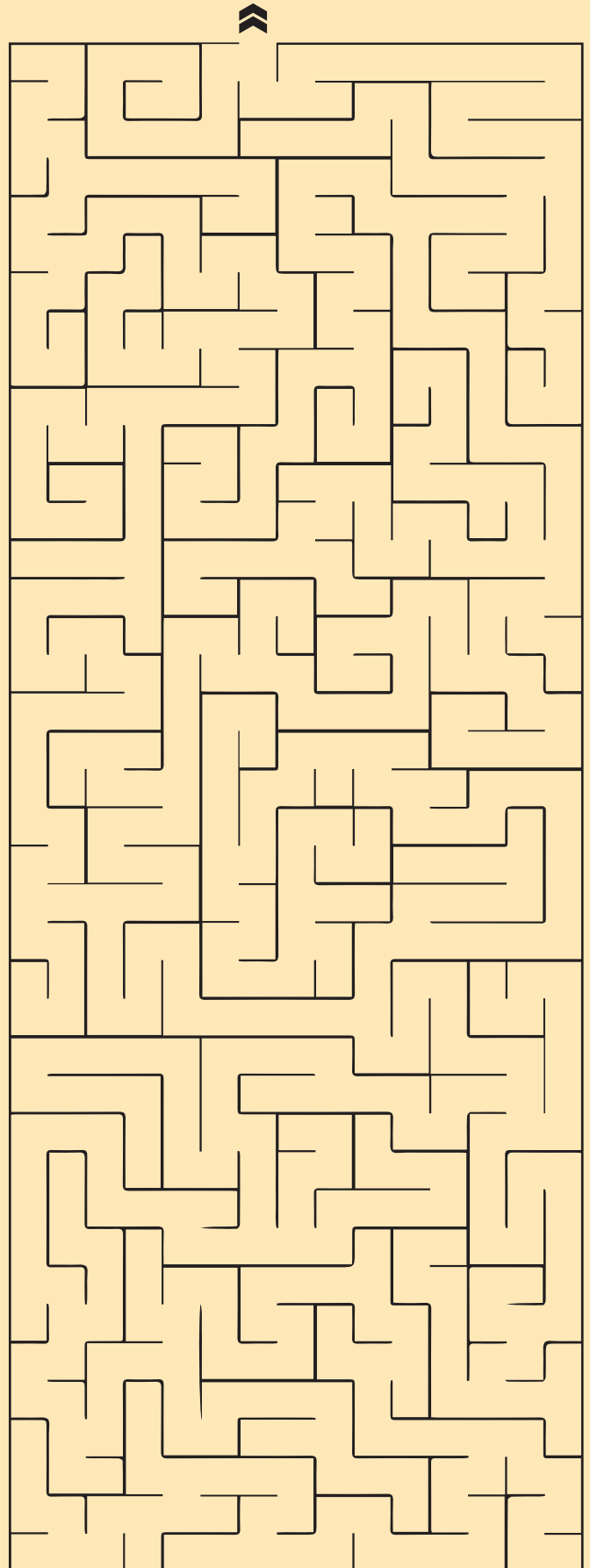
One of Castlewood's volunteers, Jeanie, hosts the residents one afternoon a month for high tea. With a different theme each month, this is a fun outing which everyone looks forward to! The most recent theme was a 'teddy bears picnic' garden party, which saw residents and volunteers making the most out of the beautifully warm weather, with tables set up outside, cool drinks and delicious food. A huge thank you again to all our marvelous volunteers!



Volunteer Jeanie, hosting the high tea.

Puzzle fun

Find the way through the maze!



Gillian's Story

Our Community Connector, Ruth, gets to see the value of Family Works services up close every day. The scope of Family Works activities is intentionally broad, so that when someone walks into the foyer or calls the office, we can respond quickly and with agility to their individual needs and circumstances.

One such response was for Gillian. Gillian came into Family Works looking exhausted, and her conversation confirmed this. Gillian had just moved from one Kainga Ora (Housing New Zealand) home into another smaller one. Gillian was now living on her own for the first time in a long time as her twin sister had gone into hospital care.

Much of Gillian's exhaustion and agitation stemmed from the fact that her furniture, paintings, plants and other home comforts

had not been set up in her new house. Being older, and having physical limitations, Gillian had been unable to put sheets on the bed, lift the sofas up onto their blocks, or even set up her television.

Alongside this, Gillian had a significant electricity debt from her old home and consequently had been unable to get the power connected at her new home. Gillian's debt had accumulated when her twin sister, who contributed to the bills, was hospitalised for several months – Gillian had been determined to keep her home ready for her return. Gillian's home help situation was rather murky too, and Gillian wasn't receiving the help she needed, leaving her frustrated with not being able to get things sorted in a way that worked for her.

Within the hour of Gillian expressing her immediate needs, Family Works staff were at her home moving around furniture, making her bed, and then advocating with the power companies to get her power on.

Soon after, staff organised Taskforce Green to assist with her plants and pictures, and sorted home help collaboratively with Access Ability, and much more to turn her new house into a familiar home.

The effect on Gillian was immediate. Gillian's whole demeanour was lighter and happier. Hidden behind the initial presentation of stress and anxiety, was an intelligent, vibrant woman with story after story of the wild adventures of a full life, well lived.



More settled in her new home these days - Gillian is so proud of her new plants and two new bantams – Thelma and Louise.

On one occasion when Ruth was visiting, Gillian asked if the radio was too loud. Ruth replied it was fine. This ignited a memory for Gillian, and she went on to recall the day the Beatles came to Auckland in 1964. With sparkling eyes and a proud, wry smile, Gillian confessed she had been at work but had taken an extended lunch to go and see them at the Town Hall. With even more delight she added that her twin sister had done the same thing. “We hadn’t even planned it that way”.

In another of Gillian’s tales, she recounted having a job at a hotel requiring formal attire for staff. “We’d raise the flag each morning and we wore gloves.” The hotel had many dignitaries and politicians stay, leading the chefs to make glorious meals for the special guests, but as Gillian explained, “us staff would get to eat them as well!”

Former Prime Minister, David Lange, was once one of the VIP guests who needed Gillian’s help. “I remember we had a Tardis for our guests to take their phone calls. I knew how to work the telephone system and although normally guests would take their calls inside the Tardis, David wasn’t so keen”. Gillian continued to share the humour of the occasion, “I remember laughing with him as I handed out the phone to him.” It’s not every day you get to help out a head of government.

With renewed vigour, Gillian’s stories flow, as does her renewed wellbeing and independence. For although PSO continues to provide some support, for the most part Gillian has found her own rhythms again. More art is up on her walls, and there is a new vegetable plot to be nurtured. Gillian now has a good relationship with her home help and others in the community.

PSO will always be there for Gillian, and whenever we pop by, Gillian will always have a story for us, “Ruth, remind me to tell you about the time when...”

Our Family Works team is here for people who need support, whether it is support with food, social work, parenting, budgeting or more, we can help!

Call us on freephone 0508 396 678 or visit www.psotago.org.nz for more information.

Leaving a gift in your will can benefit PSO in so many ways



Just last week, our Supporter Development Manager Jude, received a phone call from a Community Support Worker. A very unwell gentleman in the care of Ross Home for the final stage of his life’s journey, had asked her to kindly arrange for his belongings to be donated to Presbyterian Support Otago. After careful consideration and discussion, it became clear that the gentlemen wanted to be reassured that he wasn’t leaving behind any loose ends. A man of great detail and organisation in life, he wanted his possessions to benefit his community before his passing.

Peter’s* personal items were collected for safe keeping, to be distributed and donated through our network of PSO services. Some basic household items will be able to change the lives of clients in need of them. Some items will be sold, with the resulting funds helping to support the provision of the Family Works services. Even Peter’s pantry items were able to be repurposed, showing that no act of kindness, no matter how small, is ever wasted.

Peter passed away shortly after, but his gift to PSO will live on and continue to help children and families (who are struggling and living with poverty and trauma) to gain the skills and knowledge to build a safer and brighter future. Leaving a gift in your will, is an incredible way of showing you care for your community and the people who live in it – not just right now, but well into the future.

A bequest can take many different forms, and like Peter, you might like to consider what happens to the contents of your home once you have departed. If this is something that has been on your mind, please give Jude a call for a chat about it all, preferably over a cup of tea together.

If you would like to find out more information about leaving a gift (bequest) to Presbyterian Support Otago, please contact Jude McCracken, Supporter Development Manager by calling 03 477 7115 or email fundraising@psotago.org.nz

PSO’s services are offered in Dunedin, Oamaru, Balclutha, Wanaka, Alexandra and throughout Otago.

* name changed for privacy reasons



The Buddy Programme
is part of our

SKILLSBANK



Our award winning Buddy Programme is 100% funded through donations and grants. If you would like to support this programme, please use the donation form at the end of the magazine.

Buddy celebrations!

The Dunedin Buddy Programme ended on a high note for 2022 with the last outing of the year at the Edgar Centre in December. The children and their adult buddies had a lot of fun with this hilarious celebration. There was Christmas music, delicious food and drinks as well as a myriad of activities. Everyone enjoyed being together celebrating another Buddy year.

Craft activities included: decorating a personalised mug with permanent markers; making their own gratitude journals or notebooks; snowman themed hot chocolate kits with rock candy; and Christmas cracker-making with yummy chocolates inside. Everyone enjoyed bringing out their creative side making these holiday themed items.

“We also had giant games of Jenga and Pick-up Sticks which had us all engaged and laughing. The huge bouncy castle was popular, plus we had ten Zorbs (pictured) for adults and young buddies to enjoy while demonstrating how well they could all bounce off each other! Everyone thoroughly enjoyed the games,” explained Sam, Dunedin Buddy Coordinator.

Sam continued, “heaps of fun was had, and we all had polaroids taken together in Christmas themed accessories to mark the occasion – it’s our Buddy tradition! Our party was very active and jam-packed with fun. It was certainly a fantastic way to celebrate a successful and fun year of Buddying.”



The Oamaru Buddy Programme celebrated their end of year with a fantastic excursion to McKerrow’s pond in December. North Otago Buddy Coordinator Christine organised the event, helping young buddies and adult buddies to meet each other while enjoying boating and a bbq lunch.

The Buddy Programme matches children with carefully selected and trained adult volunteers in a well-supported mentoring relationship. Adults would normally meet their young buddies once a week for a couple of hours, doing low or no cost activities. “We have had a lot of success,” Christine said “Lives have been transformed.”

We need more adult buddies!

The Buddy Programme is offered throughout Otago. Currently we have 111 matched young buddies, and 140 young buddies waiting on an adult buddy match. If you are interested in finding out more about being an adult buddy please call us on 0508 396 678.

Our amazing Buddy Programme Coordinators from around Otago!

Buddy Coordinators (left to right) Lee, Pippa, Steph, Sam, Christine, Sharon and Jo.



Meet Jasmin

our volunteer programme coordinator

Jasmin works 15 hours a week, recruiting and matching volunteers with vacancies, “I spend most of that time responding to volunteer enquiries, advertising volunteer vacancies, building volunteer networks and developing the volunteer programme”. Jasmin is often the first point of contact for a volunteer, but is not always seen by volunteers on a day-to-day basis.

PSO is supported by about 543 volunteers across the region, 17% are one off volunteers in Dunedin that help with projects or events like Octacan. 44% are regular volunteers who support the work we do with older people, providing social engagement and support across nine care homes, three Club Enliven programmes and Visiting Volunteers.

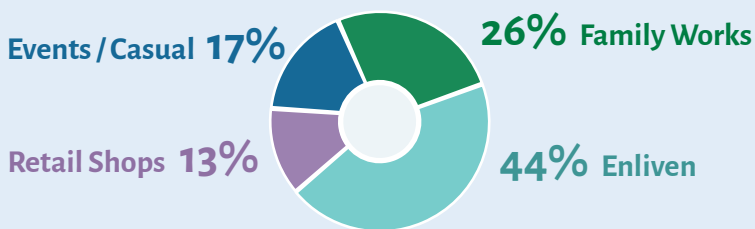
26% volunteer in Family Works, many as adult Buddies, spending shared time with a young person, contributing to their emotional and social well-being. Volunteers are the backbone of the foodbank. Our loyal Stepping Stones volunteers have a positive impact on the mental wellbeing of the participants.

13% of our volunteers are in the retail space, the majority based in Shop On Carroll. They are interacting with customers in the shop or busily working away in the warehouse sorting and pricing goods. Some of these goods are then sent to Shop On St Andrews where volunteers help with the smooth running of the shop.

No matter where our volunteers are based, no two days are the same and it's a great way to give back to the community and keep socially active.

Our awesome volunteers contribute 65,554 hours per year, that's 1,260 hours every week! What makes a good volunteer? Anyone reliable, socially engaging that can commit on a regular basis, weekly or fortnightly for 1-2hrs.

Where do people volunteer?



Interested in learning more about volunteering?

If you would like more information about giving your time through volunteering, please visit our website psotago.org.nz/volunteer or contact our volunteer coordinator, Jasmin on 027 700 1550.



“It still amazes me that busy people find time to give back”

Volunteering vacancies

Adult mentors; Buddy Programme throughout Otago, 2 - 3 hrs every week

Afternoon tea assistant; St Andrews, Dunedin, 1:30-3:30pm, 2nd & 4th Tuesday of the month

Van drivers; Holmdene (Balclutha) weekdays 2pm - 4pm

Drivers and activity helpers; Club Enliven (Dunedin) 1.5 – 3 hrs per week

Companion visiting; St Andrews (Dunedin) 1 hr per week

Piano players; St Andrews (Dunedin) or Ranui (Alexandra) 30 min to 1.5 hrs daily, weekly or fortnightly

Activity assistants; St Andrews (Dunedin) or Ranui (Alexandra) , 2 hrs per week

Club Enliven activities and van outing assistant; Ranui (Alexandra) 10am - 3pm Thursdays

Walking companions; Ranui (Alexandra) 30 min -1 hr per day, week or fortnight

Friday happy hour; Ranui (Alexandra) 2pm - 4:40pm Fridays

Morning tea helpers; Ranui (Alexandra) 1 hour, morning, weekly or fortnightly

Aspiring Enliven; Various roles in a residential care home (Wanaka) 2 hrs per week or fortnight

Retail shop assistant / Warehouse assistant / Online retail assistant; Shop On St Andrew St or Shop On Carroll (Dunedin) 2 - 4 hrs, daily, weekly, fortnightly or monthly

Fish tank minder / cleaner; Iona (Oamaru) 1 - 3 hrs, every 3 weeks or monthly

Notice Board

Happy Easter

Thank you for all your support over Christmas!

A huge thank you to ALL our fantastic supporters who continue to generously donate towards our programmes.

A special thank you to Media Works, Wilkinson Rodgers, Anderson Lloyd, Beca, Golden Centre, Wall Street Mall, Rialto Movies 4 Teens, DCC and all the businesses and individuals who donated food to restock our foodbank over the festive season. Your amazing support has made a huge difference to those in need.



Kings High School students and staff with contributions towards Stock the Bus, supporting families and individuals at Christmas. THANK YOU to all the schools and kura who generously donated.

A special thank you goes to Go Bus, our major sponsor for Stock the Bus, for donating the use of a bus and driver for this event!



Anderson Lloyd presenting their donation towards the foodbank

Thank you to all our volunteers, both regular and casual for all your support. Without your contribution we would not be able to offer the services that we do!



Volunteers from Ricoh stocking shelves in the foodbank



A huge THANK YOU to everyone who donated to Movies for Teens! With your support we were able to send over 330 teens to the movies over the Christmas season. This is a real treat for teens from struggling families, and it would not be possible without your help!

Introducing Joy, Community Relations Advisor

New beginnings

For me Easter represents new beginnings. Easter is the season of hope, a season of renewal as we head into Autumn. 'There is a time for everything, and a season for every activity under the heavens' (Ecclesiastes 3:1-5).

My life (like everyone's) has been a series of new beginnings. Born in Liverpool I came to NZ as a child. We settled in Milton, South Otago.

Widowed for 25 years, I am Mum to a son and daughter-in-law in Invercargill and a daughter in Dunedin. I am also a proud Nana to my son's three girls. We are blessed to be a part of a large caring whānau.

While I have lived and worked in rural Otago and Southland, I am now a proud Dunedinite.

I have been a community advocate for the past 20 years, engaging across communities.

For several years I have supported Presbyterian Support Otago. In my previous role as Community Facilitator, East Taieri Church, I enjoyed working with PSO.

Community work has given me valuable insights of changing community needs. Connected communities thrive so this is an important focus for me. There is a growing disparity and disconnection in many communities currently, affecting people of every age and background.

The Presbyterian Support Otago AGM last year touched me deeply. It clearly illustrated that we have all been through such challenging times over the past few years. Hearing about the increasing demand for help and the evidence of the impact and positive changes the services made for people, was powerful. PSO continued to deliver those much-needed services despite seriously challenging times for everyone (including PSO).

I asked myself why doesn't everyone know about the work of Presbyterian Support Otago? Where would people be without it? What could I do to help? To that end I spoke to Family Works Director Carmen Batchelor about volunteering... and a few months later, here we are.



New beginnings bring uncertainty. PSO has been helping people facing new beginnings for over 117 years! Their long history of promoting and supporting strong, connected communities, totally aligns with my beliefs and values. It is a privilege to be part of this exceptional organisation.

The role of Community Relations Advisor is a new beginning for PSO too, since the fabulous Carolyn Sims moved to a new role at Family Works, leading to this position being vacant for a year.

We are keen to reconnect with you all, strengthening existing relationships and forging new ones.

This magazine shares some of the work Presbyterian Support Otago is doing across the province. We are keen to learn more about your communities, needs, new beginnings and hopes.

I want to share with you the impact the almost 800 PSO staff make across Otago, the tremendous support they receive from our nearly 600 volunteers and the fresh starts they offer to everyone. How can we work together? How can we make a difference? It's not where we start, but where we finish.

I will be reaching out and contacting parishes and community groups in this role. I would love to hear from you, please get in touch and we can chat. Phone me on 03 477 7115. To paraphrase the late Bishop Desmond Tutu: 'Together we can do our little bit of good where we are - it is these little bits of good put together that overwhelm the world!'

Joy Davis
Community Relations Advisor



Cinnamon apple hot cross buns

Ingredients

3 Weet-Bix (or other wheat biscuits), finely crushed
1/2 cup + 1/4 cup hot water
1 cup milk
1 packet dry yeast (2 1/4 tsp or 7 g)
2 tsp honey or sugar
1/4 cup oil, plus extra for bowl
4 cups white flour (560 g), plus extra for kneading
2 tsp + 2 tsp ground cinnamon

Method

Combine milk and 1/4 cup boiling water in a large bowl. Add honey (or sugar) and sprinkle over yeast, stirring well. Set aside 5 to 10 minutes until foamy.

Combine Weet-Bix and 1/2 cup boiling water in a small bowl. Stir to make a porridge.

Add Weet-Bix porridge and oil to the yeast mixture. Stir, with a large spoon or scraper, then add the white flour, 2 tsp cinnamon, and salt. Mix well, using clean hands if necessary, to create a shaggy dough with no visible dry ingredients.

Cover bowl and rest for 10 mins. Dust bench-top lightly with a bit of extra flour and turn dough out of bowl. Knead 3 mins, adding a pinch or two of extra flour if necessary. The dough should be smooth and elastic.

Flatten dough into a rough round, sprinkle over remaining 2 tsp cinnamon and the diced apple. Roll to enclose apple in the dough, and knead a further minute or two to evenly distribute.

1/2 tsp salt
1 cup finely diced apple (approx. 1 apple)

For the Crosses

1/4 cup white flour, extra
1 - 2 Tbsp cool water

To Glaze

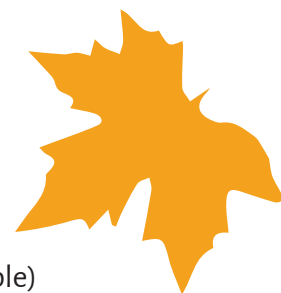
1 - 2 Tbsp honey, or strained jam, warmed

Drizzle about a teaspoon of extra oil into the mixing bowl, add dough, and turn to coat. Cover bowl with plastic or a damp tea towel, and leave to rise in a warm place until doubled in size, roughly 1 hour.

Punch down dough, divide into 12 even pieces and form into balls. Line an oven tray with baking paper and arrange buns on the tray, leaving about 1 cm between each. Cover tray with plastic or a damp tea towel and leave buns to rise until nearly doubled, 30 - 45 mins.

During the last 15 minutes of rising, preheat oven to 180°C. In a small bowl, combine flour and water for the crosses and stir to create a dough. Roll out and cut into thin lines to form crosses on the buns.

Bake 22 - 25 minutes, until golden. Cool slightly on tray, then transfer to a rack and brush with warm honey or jam to glaze.





Meet Sarah from Ross Home

Meet Sarah Boyd, one of our exceptional staff members at Ross Home. Our support staff play a critical role behind the scenes, keeping everything running smoothly. Sarah is Ross Home's laundry supervisor, and makes sure everyone has clean clothes and linen throughout the three Enliven homes in Dunedin and Mosgiel.

What was your background before joining Ross Home?

I'm from Gisborne New Zealand, the oldest of seven children. I come from an abusive background, moving houses and schools all the time which never gave me any time to make friends or gain a basic education. Instead, I learned more about surviving and life skills. I studied my Level 1 and 2 qualifications for aged care when I was 17 years old. I moved to Dunedin in 2010 with a suitcase of belongings to start afresh, and started working at Ross Home when I was 18 as a casual laundry assistant and casual carer for a few years before becoming a permanent laundry assistant. I was later second in charge for four years before becoming the laundry supervisor. This is my thirteenth year at Ross Home. I met my fiancé at Ross Home six years ago while he was delivering goods and we got engaged on Christmas Eve 2021, on our slice of paradise in Warrington.

Can you tell us about your current role?

I took on the role of laundry supervisor in January 2020. About a month later Covid19 happened, which brought with it a whole heap of unforeseen challenges. After that, our laundry team (including myself), had to re-arrange all of the schedules to fit with the everchanging environment which included numerous lockdowns in various departments at any given time. Staff shortages and evolving rosters has meant long stressful days and uncertainty, but after 2 1/2 years of Covid19 we've learned a lot and the laundry runs even more efficiently. I'm extremely proud of my team, past and present, for all their sustained hard work and how far we've come – it has been a team effort!

What do you enjoy most about your role and working at Ross Home?

I enjoy helping to bring people together so we can move forward as a team. I also appreciate passing on my experience to existing and new staff members to give them a head start. I like coming to work to catch up with everyone throughout Ross Home. I love getting together as a team to organise a surprise potluck lunch for people's birthdays (but it's not much of a surprise anymore). My favourite thing is putting up all the Christmas decorations on the 1st of November every year.

What excites you about the future?

Going into this year, I am excited about achieving my supervision modules for the laundry and being able to pass my knowledge down to my second in charge. This will in turn help her get started on her journey to becoming a supervisor. I do enjoy guiding others on to achieving their goals.

We also have two after-schoolers in the laundry with us, and this is their first job. We hope to give these young ones the experience and tools they need to get them started in the workplace. We are working to build their confidence, to gain a solid work ethic, in order to achieve their goals for their future. I'm extremely excited to get married to my soul mate, build our whānau home in Warrington and eventually have a family of our own.

What would you say to others seeking a career in aged care?

There are so many benefits to working in aged care, including getting to know different people and cultures, as well as building connections with residents and their families. We get to work with fantastic people every day! There are multiple opportunities working in this field, to build your education as you go. There are plenty of job vacancies in the industry now, and there is always scope to move up the organisation if you have the right attitude.

If you would like more information about joining the team at PSO please visit our website www.psotago.org.nz/jobs.



Together we can make a difference!

We hope you will join in helping us give the gift of hope for the year ahead to families and people in need.

Your donation this Autumn will not only assist those who face the extra financial burden that the cooler months bring, it will also help us to keep running our programmes and supports which we provide free of charge to help people build new and lasting life skills.

Please consider making a donation using the form on the next page or visit www.psotago.org.nz/donate to make a donation online.

We appreciate your support and thank you for joining us in making a real difference to the community we live in!

Blessings,

Jude (Supporter Engagement Manager)

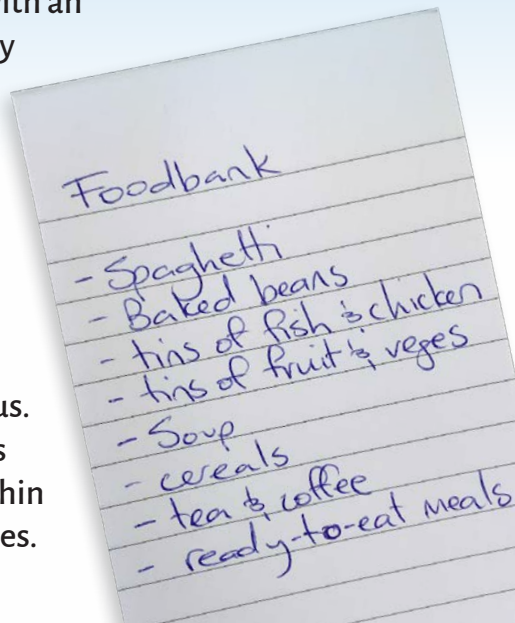
PS: I am always happy to chat with you if you would like to discuss other ways you can support our work. Please call me on 03 470 0834.

We rely on donations to run many of our social services


Family Works services rely on donations to run, including the foodbank, social work, and support programmes for children, families and individuals in need.

We are being faced with an escalating community demand for our services, particularly in the foodbank and social work areas.

If you are able to donate, please consider supporting us. 100% of all donations received are used within your local communities.



What are some other ways to donate?

-  **Phone banking** via your bank's services
-  **Call us on 03 477 7115** and we can process your credit or debit card donation over the phone
-  **Donate with your EFTPOS card.** Pop into our Dunedin Support Centre at 407 Moray Place

Make your donation before 31st March to receive your tax benefit this financial year.

Donating to us or leaving a gift in your will?

If you have any questions at all about donating to PSO or leaving a gift in your will, please feel free to phone Jude McCracken, our Supporter Engagement Manager, who is based in Dunedin, on 03 470 0834.

Please contact me to discuss donations

Please contact me to discuss leaving a gift in my will to Presbyterian Support Otago.

Name

Phone

How to return this form:

POST

Fundraising Team,
Presbyterian Support Otago,
FREEPOST 845, Dunedin
9054

EMAIL

fundraising@psotago.org.nz

PHONE

Contact us on 03 477 7115

All donations are receipted.
Gifts over \$5.00 are tax deductible.

Yes, I want to show my support!

I would like to donate \$

- To support**
- Greatest Need Buddy Programme
- Foodbank Child and Family Services
- Social Work Outreach for older people



Donation options - it's easy to donate!

Credit / Debit Card

Card number

Name on card

Expiry date

CVC

Three digit code on back of card

Signature

One-off donation

Monthly donation

Donate Online via www.psotago.org.nz/donate

Use your credit or debit card to donate via our website

Internet Banking

Account Name PSSO Account Number 06 0901 0005597 00

Ref: Your phone number Code: **DONATION**

Particulars: Enter a donation option from the 'to support' list above

For a receipt, please email us at fundraising@psotago.org.nz

Name

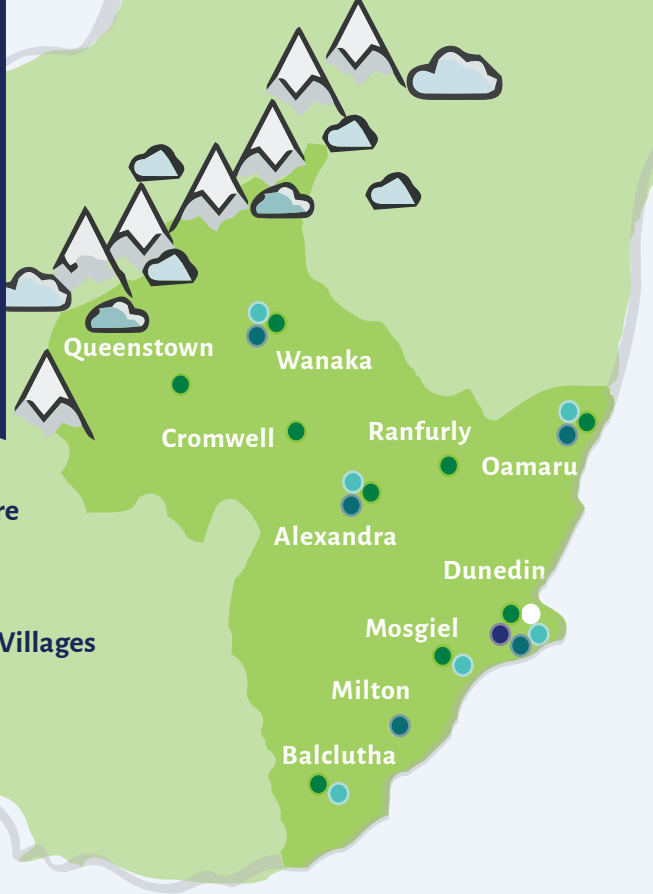
Address

Phone

Email



Presbyterian Support
Otago



- Support Centre
- Family Works
- Enliven
- Cottages and Villages
- Retail Shops

What's in our SKILLSBANK

Our Family Works Skillsbank is a group of programmes and supports where we work alongside people from all walks of life to help them build a safer, stronger, more connected life.

Social work. Empowering people to make change and build their sense of belonging, including advocacy.

Parenting, support and children's programmes. Strategies to promote positive family relationships.

Financial mentoring. Clients learn how to take control of their finances.

Good Loans. Our loan advisors help people access no interest loans for an essential item or service.

The Buddy Programme is a friendship mentoring programme for children aged from 5 to 12.

Stepping Stones is a day programme where we work alongside clients who are facing mental wellbeing challenges, connecting them with their wider community.

YouthGrow is a youth development programme delivering NCEA Level Unit Standards.

We invite you to consider supporting our Skillsbank so we can continue this important work with local people and children to build their resilience, financial capabilities and strengthen their relationships.

Presbyterian Support Otago Services

Enliven

Residential aged care homes

Ross Home, Dunedin
St Andrews, Dunedin
Taieri Court, Mosgiel
Iona, Oamaru
Holmdene, Balclutha
Ranui, Alexandra
Castlewood, Alexandra
Elmslie House, Wanaka
Aspiring Enliven, Wanaka

Retirement Villages

Columba Court, Oamaru
Wanaka Retirement Village
Ranui Court, Alexandra

Family Works

Foodbank (Dunedin) & **Skillsbank** (offered throughout Otago)

Freephone 0508 396 678

Retail Shops

Shop on Carroll - 10 Carroll St, Dunedin

Shop on Carroll's online store - www.shoponcarroll.org.nz

Op Shop on St Andrew - 59 St Andrew St, Dunedin

Rental Cottages

Ross Home Cottages, Dunedin
Iona Cottages, Oamaru
Milton Cottages, Milton

Community based services for older people

Individualised Funding
Visiting Volunteers, Dunedin
Club Enliven, Dunedin/Taieri/Alexandra
HomeShare, Alexandra

786 STAFF

540 VOLUNTEERS

To contact the editor please email publications@psotago.org.nz

Family Works

Freephone 0508 396 678

www.psotago.org.nz